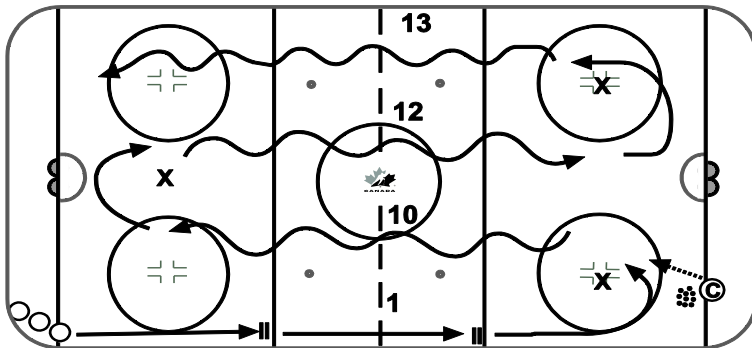




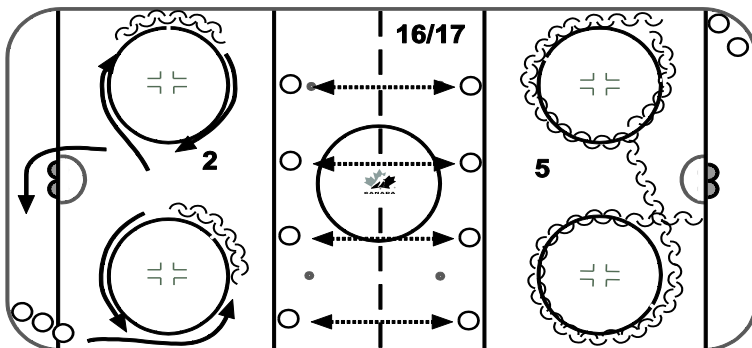
HOCKEY CANADA

Initiation Skills Evaluation Phase 4

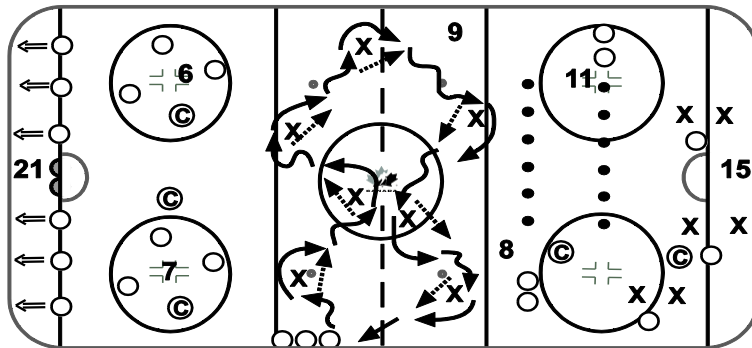
Drills



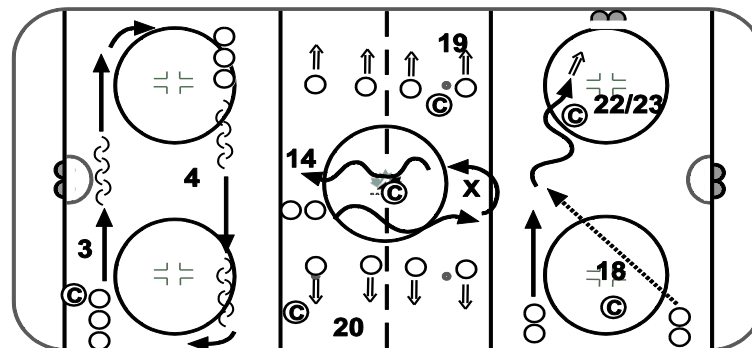
- 1. Two foot parallel stop
- 10. Puck in feet
- 12. Puck through legs from back
- 13. Switch hands



- 2. Mohawk on circles - open and reverse
- 16. Forehand pass - backhand receive
- 17. Backhand pass - forehand receive
- 5. Crossovers - backward



- 21. Flip shot - forehand
- 6. Switch hands
- 7. Two pucks
- 9. Puck inside pylon - off stick
- 8. Puck dots - skates straddle
- 11. Toe drag - skates on one side
- 15. Figure 8's - two pylons



- 3. Pivots - bwd to fwd and fwd to bwd
- 4. Pivots - open and reverse
- 14. Toe drag - front and side
- 19. Wrist shot - forehand - low
- 20. Wrist shot - backhand - low
- 18. Lead pass
- 22. Body fakes
- 23. Stick fakes